

## **GOOD VOCAL HYGIENE**

1. Use **moderate volume** when speaking.  
Do not whisper. Do not yell or shout.
2. **Avoid** talking in **noisy** situations. You may strain your voice by speaking loudly.  
Examples: Noisy trains, planes, subways  
Large social gatherings  
Cheering at sporting events
3. **Avoid** or minimize excessive coughing, clearing the throat, loud laughing or crying.
4. **Avoid** strenuous exercise such as lifting, pushing, or pulling.
5. **Avoid** smoking and drinking.
6. Take a **deep breath** before speaking.  
Speak with good respiratory support.
7. **Pause** and **take a breath** in the middle of long sentences.
8. Keep **hydrated**. Drink plenty of **water** throughout the day.